

Homeless Veterans Virtual Conference

September 9-10, 2020

Statewide Two-Day Homeless Veterans Virtual Conference
Serving Never Stops: Assisting Homeless Veterans During the Pandemic

Connection, Purpose, and Perseverance

by

Dr. David G. Brown and Sequoia Carr Brown



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Expressive Art Therapy and Army Medicine

POLICY

- Annex A to OPORD 14-66 (Army National Intrepid Center of Excellence [NICoE] Intrepid Spirit Implementation Plan)*
- Art therapy is listed in the Operations Manuals for Behavioral Health and Addiction Medicine Intensive Outpatient Programs (IOPs) as recommended adjunctive therapies to be integrated into those programs
- Army Medicine supports Board Certified Art Therapy in supplementing the treatment of our beneficiaries

APPLICATION

Behavioral Health Service Line supports a range of expressive arts as adjunctive measures to assist the healing process.

NICoE 36 Art Therapist *

- Art Therapists utilize art media as its primary mode of communication to work with children, adults and the elderly in the delivery of therapy supporting a wide range of difficulties, disabilities or diagnoses
- Art Therapists use the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages in support of emotional, behavioral or mental health problems, learning or physical disabilities, life-limiting conditions, brain-injury or neurological conditions and physical illness
- 85% of those surveyed at the NICoE said that the arts program was very important to their recovery



“Art makes the invisible visible.” Paul Klee





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April 2017

Second Lady sees art therapy in action at Schofield Barracks





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Literature Review

“We use our minds not to discover facts but to hide them.” Antonio Damasio

- Art therapy for PTSD and TBI: A senior active duty military service member's therapeutic journey
- Art Therapy for Combat-Related PTSD: Recommendations for Research and Practice
- An Art Therapy Solution to A Telehealth Problem
- A Review of Art Therapy Among Military Service Members and Veterans with Post-Traumatic Stress Disorder
- Computer-Supported Distance Art Therapy: A Focus on Traumatic Illness
- Creative, Artistic, and Expressive Therapies for PTSD
- Effect of Art Production on Negative Mood: A Randomized, Controlled Trial
- How Art Changes Your Brain: Differential Effects of Visual Art Production and Cognitive Art Evaluation on Functional Brain Connectivity
- Outcome Studies on the Efficacy of Art Therapy: A Review of Findings
- What Paint Can Tell Us: A Fractal Analysis of Neurological Changes in Seven Artists

Melissa Walker:

Art can heal PTSD's invisible wounds

TEDMED 2015 · 9:48 · Filmed Nov 2015

24 subtitle languages

[View interactive transcript](#)





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Readiness Starts at Home: Spouse-Related Art Therapy

Artist

Cindy Manga, 2010

LOCATION

This piece of art is currently hanging in the SFAC (Building 663)

STORY

- The piece starts with a wounded warrior as he starts his journey to recovery
- Cindy was an artist but gave up her love of painting as the strain that was put on the marriage was too much
- The SFAC provided hope, resources and support which is integrated into the image to highlight the integral role played in a wounded warrior's recovery process
- The doors and names on the sides represent the different departments that played essential roles in the Soldiers road to recovery
- In the light at the end of the tunnel, is the Soldier's family waiting for him and acting as support as he goes through his road to recovery
- As the Soldier recovered, Cindy was able to regain her love for painting and used this painting as a way to get her through her own tunnel

Key Take-Aways

- Resources are available to all who need them
- The beginning of every tunnel is dark, but there is always a light at the end

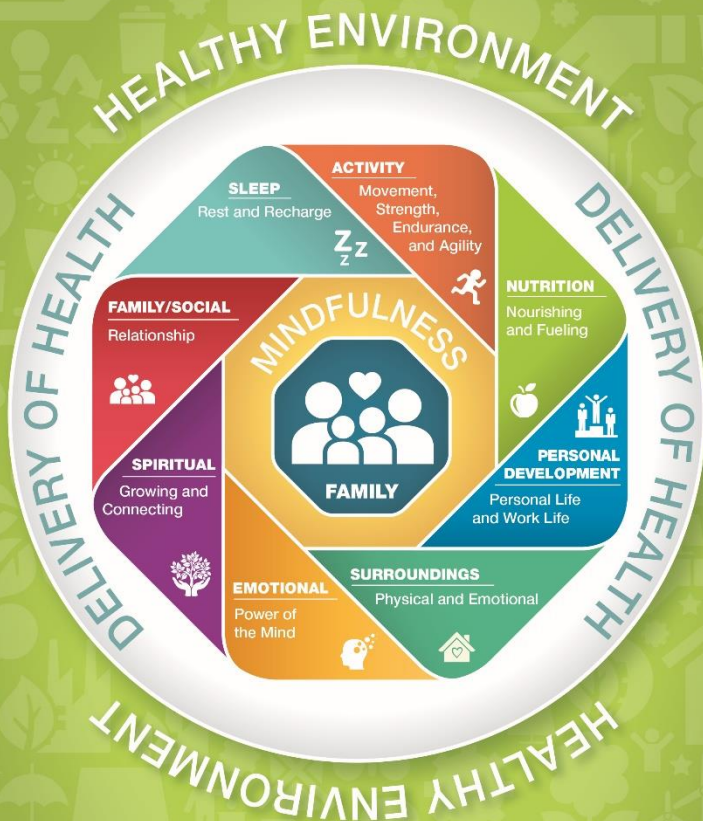




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Move To Health

MOVE TO HEALTH: POWERED BY THE PERFORMANCE TRIAD



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Lead

“Whole Health: Veteran’s Administration’s Office of Patient Centered and Cultural Transformation Care

“Move To Health: Office of the Surgeon General, U.S. Army

BACKGROUND

- Cultural shift from a healthcare system to a “System for Health”
- Changing the conversation from disease-centric model to one focused on health and readiness
- Focus on improving, restoring, and maintaining health
- Move away from “find-it and fix-it” approach
- Move towards a proactive, predictive, personalized, and person-centered
- Decrease provider burn-out

INTEGRATION

- Holistic Health Principles and Science
- Personal Goals and Behavioral Change Science
- Motivational Interviewing
- Primary Care + Army Wellness Center
- Family + Self-Care + Delivery of Health + Environments
- Technology and Apps

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”

- Thomas Edison



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Fort Carson Recieves NEA Grant for Art Therapy Program

By JAKE BROWNELL · MAR 30, 2017



Masks are displayed, decorated by service men and women as part of the Creative Forces: NEA Military Healing Arts Network at the National Intrepid Center of Excellence

NEA STAFF / NEA

Ft Carson Received NEA Grant for Art Therapy

Lead

CDR Alicia R. Souvignier, DPT
Ms. Robin Dahmen, NCM

LOCATION

Warrior Recovery Center, Ft Carson, CO

STORY

- Fort Carson was selected as a site for the Creative Forces initiative in the fall of 2016
- The Warrior Recovery Center at Evans Army Community Hospital integrates the creative arts into an intensive outpatient program for Traumatic Brain Injury
- Other programs at Evans that use art for service members in recovery are the pain management clinic and the behavioral health clinic
- The NEA funded creative arts therapist will support art and music therapy efforts at Evans
- "Not everybody can verbalize their thoughts, their feelings, into words. So sometimes the visual expression or creative expression allows individuals to start addressing these things in a less threatening or more approachable format for them."

Additional Information

KRCC, 30 Mar: Fort Carson Receives NEA Grant for Art Therapy Program <<http://krcc.org/post/fort-carson-recieves-nea-grant-art-therapy-program>> The NEA grant to Fort Carson will also include money to help "establish local military community/networks that than help service members and veterans transition from clinic-based creative arts therapies to arts activities in their communities"



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Music Therapy

Did You Know?

- Music therapy has been demonstrated to have therapeutic benefits for conditions such as autism, dementia, depression, insomnia
- One of the benefits of listening to music is that it increases pain tolerance
- Playing music and listening to live music has been demonstrated to have a more powerful effect than listening to recorded music

Non-Profit Partner

- Operation Song's **Mission** is to empower veterans and active duty military to tell their stories through the process of songwriting in creative and therapeutic settings
- Our **Vision** is to become the premier songwriting organization serving the military community, expand programs stateside and overseas, and train others in our therapeutic model
- Our **Goal** is to establish Operation Song as a unique and viable treatment option, using creative and integrative therapies to help individuals recover from the stress of war and improve the quality of their lives

Additional Information

- Operation Song: www.operationsong.org



The 4th annual Operation Song will take place on April 8th, from 7-9 p.m., at the National Infantry Museum, in Columbus, GA, located at 1775 Legacy Way, Columbus, GA 31903. Doors for the show open at 6 p.m.

Professional songwriters work with service men and women to piece together their individual experiences into a song that they can call their own. By sharing their song, they can connect with others and tell the story of their experiences.

In just one day, partnered songwriters and service members will meet, create personalized songs, and perform at the end of the night. The talent of the songwriters, coupled with the bravery of the Warriors and their families, brings to life and immortalizes the stories of these brave citizens.

Songwriters For 2017 include:

- **Tim Maggart** (LOCAL Star) – Tim is an award winning Singer-Songwriter who loves to tell a good story through his music. Recently, the North American Country Music Association voted Tim's current CD, "Things I Never Said", as Country Album of the Year. His song "Freedom Train" reached as high as #9 on Powersource Magazine's Inspirational Country Music Chart in 2011, and his 2nd single, "Lotta Love", reached #39 on the same chart.
- **Bob Regan** (Operation Song Founder) – Credits include: "Dig Two Graves", performed by Randy Travis. "Thinking About You", performed by Trisha Yearwood.
- **Wil Nance** – Credits include: "She's Everything", performed by Brad Paisley. "If Heartaches Were Horses", performed by George Strait.
- **Steve Dean** – Credits include: "Watching You", performed by Rodney Atkins. "It Takes A Little Rain", performed by The Oak Ridge Boys.
- **Reggie Hamm** – Credits include: "The Time Of My Life", performed by David Cook as the winner of American Idol in 2008. "The Water Is Free", performed by Regie Hamm.
- **Doug Gill** – Credits include: "I Just Come Here For The Music", performed by Don and Allison Krauss. "Stronger Back", from his sophomore album "Reflections", performed by Doug Gill.
- **Don Goodman** – Credits include: "Ol' Red", performed by Blake Shelton, Kenny Rogers & George Jones. "Feelins", performed by Conway Twitty & Loretta Lynn.
- **Charlie Black** – Credits include: "You Lie", performed by Reba Mcintyre. "Right On The Money", performed by Alan Jackson.

And Many More!

For the last three years, Operation Song has been hosted by Warrior Outreach Inc. & Samuel M. Rhodes, Rivertown Ford, Valley Hospitality and Nashville songwriter Bob Regan (Founder of Operation Song). Their dream is to help service members and their families heal through the power of music.

Rivertown Ford is proud to be a sponsor of Warrior Outreach, a non-profit organization dedicated to helping veterans, active service members, and their families.

For more information on this event please contact:
Sam Rhodes at Warrioroutreach@gmail.com or call 706-505-0708





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BATTLEFIELD TO BALLROOM

Connecting Veterans & Ballroom
Dancing in the fight to treat PTSD
& TBI

Battlefield to Ballroom

Lead

COL (R) Debbie Simpson

LOCATION

Puget Sound, Washington

STORY

- Dancing can improve one's self-awareness, self-confidence, emotional regulation, empathy, and social skills
- COL (R) Simpson started a non-profit organization, battlefield2ballroom, to study the benefits of dancing in treating patients PTSD and TBI
- Partnered with Arthur Murray studios of Puget Sound to provide dance lessons to Soldiers and Veterans
- Two events have helped to raise over \$5000
- Future efforts include obtaining grants to assist more Soldiers and Veterans to be able to participate

Additional Information

- <http://battlefield2ballroom.org/>





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Pentagon Exhibit Showcases Wounded Warriors' Therapeutic Art



Navy Vice Adm. Raquel C. Bono, director of the Defense Health Agency, talks to Richard Ung, a retired Marine and wounded warrior, at the Pentagon Healing Arts Exhibit. (Courtesy photo)

Lead

- Pentagon Patriotic Arts Program

LOCATION

- Pentagon, Apex 1 and 2, 2nd Floor

STORY

- Highlight examples of therapeutic artwork created by Service Members, who have found symptom relief through art
- Therapeutic art does not just benefit the Service Member. Art can educate the medical community and the public regarding the lasting impressions of war and offers another way to connect with Veterans
- The first military therapeutic arts program began in 2010 at Walter Reed National Medical Center and has expanded across the nation's military facilities in a variety of ways

Additional Information

Cronk, Terri; *Pentagon Exhibit Showcases Wounded Warriors' Therapeutic Art*, DoD News, 4/12/2017

<https://www.defense.gov/News/Article/Article/1150056/pentagon-exhibit-showcases-wounded-warriors-therapeutic-art>



Pacific Regional Behavioral Health Summit 7-8 September 2017



“Excellence Through Unity: Exploring the Confluence of Arts and Science in Providing Evidence Based Care”

